

Sandwiches Require Some Real Planning

Warm weather entices us to the open road at every opportunity for jaunts to the country and the picnic at your favorite spot.

The picnic lunch is not hard to prepare, but it does require a little planning, in order to have foods which ride well and at the same time are satisfying to hearty appetites. Sandwiches are the first thought because they meet both requirements, and so, it is a wise idea to have a number of different sandwich fillings in mind, so that you will have a choice for the picnic.

Meat sandwiches are delicious and satisfying, and there is almost no limit to the number of meat combinations for hearty sandwiches. Any kind of cold cooked meat may be used. If there happens to be left-over pot-roast, baked ham, roast beef, veal, pork, or lamb in your refrigerator, use it by all means. Here are two salad combinations which are excellent. These are suggested:

Ham and Chipped Beef Sandwich
Mix equal parts of chopped boiled ham, chipped dried beef, and sweet pickles. Combine with enough mayonnaise to moisten, but not enough to soak the bread. Spread between slices of buttered bread.

Pork and Nut Sandwich
1 1/2 pounds lean pork
1/2 cup nuts, chopped
1/2 cup celery, chopped
1/2 cup sweet pickle, chopped
Salad dressing to moisten

Let pork simmer in hot water until tender. Grind it or chop it very fine. When cool, add nuts, celery, and pickles. Add enough salad dressing to slightly moisten. Spread on slices of buttered bread.

Mermaids Feast At Sun Valley



MANY OF THESE MERMAIDS from the East had never before tasted trout until they came to Sun Valley, Idaho, on their vacation. As a surprise, fishermen escorts of Jessie Ricks, Gerda Ewald and Betty Magel; (left to right), arranged with Chef Honore Martin to serve their first catch to the ladies during a dip in the lodge pool.

Sun Valley, in the heart of America's last wilderness, became a winter sports capital last winter and this summer will be the mecca for national summer sports activities including the Sun Valley Rodeo, August 14 and 15, which will attract many world's champion buckaroos and cowboys.

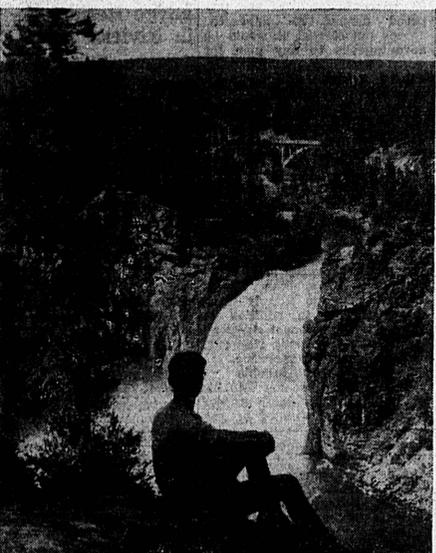
GARDENANS USE PARK

Members of the 260 club of Gardena met at noon Friday at the city park here for a pot-luck dinner and then held a regular meeting.

POSSIBLE DATES

California's 1937 migratory waterfowl season will be Nov. 27 to Dec. 26 if recommendations made by the state fish and game commission are observed.

Yellowstone Unrivalled in Wonders



YELLOWSTONE STILL SUPREME THRILL—Although it is the oldest of the national parks and has been seen by more persons than any of the others, Yellowstone still offers an incomparable thrill. Its wide variety of natural wonders cannot be duplicated anywhere else, and such scenes as this picture of the Upper Falls of the Yellowstone River lend it charm that cannot be described.

Photo by Union Pacific Railroad

CHECK OF OUTFIT URGED



To avoid the inconvenience of forgotten camp necessities, go camping in your own back yard and check all of your equipment, in the advice of Earl Wilcox, Western Auto outfitting expert, shown above with pretty Bobby Rutherford. He has issued a handy Camp Check List for this purpose which may be secured at the local Western Auto Store.

A Tempting Way With Ground Beef

Since ground meat is so kind to the food budget, a variety of ways to prepare it is always welcomed by the enterprising housewife who wants to make every penny count. And ground meat can be so very temptingly prepared that seldom does the family object when this is the frequent choice.

Perhaps the ground beef recipe given here may be new to your repertoire. If so, clip and try it the next time you are puzzled for an economical meat dish.

Swedish Cabbage Rolls

1 pound ground beef
1/2 cup cooked rice
1 small onion
8 large leaves of cabbage
2 large tomatoes or 1 cup canned tomatoes
Salt and pepper

Combine ground beef with rice, and season with salt and pepper and finely grated onion or onion juice. Soak the cabbage leaves in hot water for a few minutes to make them less brittle. Place a heaping tablespoon of meat mixture on each cabbage leaf and roll. Place in a baking pan. Slice over them the ripe tomatoes, or pour over them the canned tomatoes. Cook in a moderate oven (350° F.) until the meat is done, about one hour. Serve with a plain cream sauce.

Cat Adopts Skunks
BASIN, Wyo. (U.P.)—A cat at the Delbert Crandall ranch near here has adopted three baby skunks.

Ben-Hur Spice Cake
1/2 cup Crisco
1 cup sugar
2 cups sifted family flour
2 teaspoons K. C. baking powder
1 teaspoon Ben-Hur cinnamon
1 teaspoon salt
1/4 teaspoon Ben-Hur nutmeg
1/4 teaspoon Ben-Hur cloves
1/4 teaspoon Ben-Hur pastry spice
1 cup Mayfair milk

Method: Cream Crisco and sugar, add egg and mix well. Sift dry ingredients together and add alternately with milk. Pour into greased loaf pan. Place in cold electric oven. Set temperature control at 350° and bake 50 to 60 minutes or until done. Frost with caramel frosting or powdered sugar frosting.

TIME MARCHES ON!

... and so does the age of cattle and sheep and hogs. And the older they get, the tougher they get, and the tougher they get, the more unsatisfactory they become for eating purposes.

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Flavor is Big Item in Meal Planning

The "flavor's the thing" that makes meals interesting. The more tasty the meal, the more it will be appreciated is a fact which cannot be denied. How, then, can perfect flavors be obtained?

In planning meals, meat is considered the center of the meal, not only because it furnishes many of the nutrients necessary for health, but also because it ranks so very high in flavor. Its savory aroma whets the appetite, and its delicious flavor makes the whole meal enjoyed, regardless of how bland in flavor are the foods served with it.

To Keep in Juices
In meats, much of the natural flavor is found in the meat juices; therefore it is important that meat be cooked in such a

should not be sufficiently browned when cooked at a low temperature, the temperature may be increased for a short time at the end of the cooking period. Usually, however, this is not necessary. A Swiss steak, to be at its best, should be well browned before any liquid is added, and then it deserves only a small amount of liquid so that when the liquid cooks away and the steak browns more, it becomes that much better.

Seasonings for Flavor
For variety, seasonings of one kind or another are used with meat, but always these should be chosen judiciously. When meat contains so much natural flavor which can be duplicated in no other food, it seems a shame to over-power this delicious flavor with too many condiments and seasonings. Sometimes, its flavor is enhanced by a subtle touch of seasoning, if used with discretion. For instance, the flavor of pork is often

900 New Laws
SACRAMENTO (U.P.)—As a result of 1937 session of the legislature, Californians have more than 900 new laws to observe.

Ring Lost 20 Years Found
WORCESTER, Mass. (U.P.)—While picking raspberries in her garden, Mrs. Amette Perkins found her diamond engagement ring—lost 20 years ago.

Utah Checks Relief Ledger
SALT LAKE CITY (U.P.)—More than \$50,000 a day in federal funds have been spent in Utah during the past two years.

heightened by the addition of a whiff of garlic, but when the whiff becomes an overwhelming bouquet, the pleasant effect is destroyed. Always, regardless of the kind of seasoning, it is important that the meat flavor predominates if best results are to be obtained.

SAFEWAY STORES EXTRA SAVING DAYS

You save every day at Safeway. Make a list of your food needs now and come to the Safeway in your neighborhood to have it filled. Join the thousands who make every day "extra saving day" by trading at Safeway.

Prices effective through Saturday, July 31, in Safeway-operated departments of stores within 35 miles of Los Angeles.

FRESH MILK 10¢ Lucerne Grade A Pasteurized milk. Price in L.A. only quart	FRESH BREAD 8¢ Julia Lee Wright's White or Wheat. 1-lb. 24-ounce loaf, 11¢ loaf	COFFEE EDWARDS DEPENDABLE 1-lb. can 25¢ Drip or Regular Superbly blended fine coffees give it luscious flavor. Choice of drip or regular grind.	SUGAR PURE GRANULATED 10 lbs. for 51¢ IN PAPER BAG (Sugar in cloth bags—Beet, 10 lbs. 52¢; Pure Cane, 10 lbs. 53¢).	FLYROL SPRAY pint can 17¢ This high quality fly spray kills flies, moths and other insects. Pleasantly perfumed.
Soda Crackers Better Best, 1-pound box 13¢ Graham Crackers Better Best, 1-pound box 13¢ Ginger Snaps Better Best, 1-pound box 13¢ Fig Newtons Per package 10¢ Peanut Butter Beverly, 1-pound jar 21¢ Peanut Butter Beverly, 2-pound jar 38¢ Shore Dinner 13-ounce package 10¢ Sardines Van Camp 2 oval packed in tomato sauce 15¢ Sardines Van Camp 2 oval packed in mustard 15¢ Van Camp Sardines Natural pack, No. 1 tall can 7¢ Mission Tuna Choice light meat, No. 1/2 can 14¢ Leslie Salt Plain or iodized, 2-pound pkg. 8¢ Old Mill Vinegar Cider, Pint, 7¢ per quart 12¢ Formay Shortening 1-lb. can, 80¢; 3-lb. can 55¢ Quick Fudge Mix Make candy quickly, 12-oz. box 15¢ Friskies Dog Food 12-ounce package 10¢ Friskies Dog Food 25¢ Dog Food 3-lb. cans 29¢ Red Heart Brand 5¢ Strongheart Dog Food, Tall can 5¢ Ohio Matches 23¢ Old Dutch Household cleanser 2 cans for 13¢ Oxydol Soap 9-oz. box, 8¢; 24-oz. box 21¢ Sani-Flush Deal 2 large cans for 34¢ Toilet Tissue Waidorf, all-wrapped, 3 rolls for 13¢	Fruit Cocktail Stokely's Finest 2 No. 1 cans 25¢ Planada Figs Serve for breakfast 18-ounce size can 14¢ Stokely's Grapefruit No. 2 can 12¢ Tid Bit Pineapple Del Monte Brand 8-oz. can 7¢ Crushed Pineapple Del Monte Brand 8-oz. can 7¢ Prepared Prunes Del Monte 2 8-oz. cans 13¢ Sunsweet Prunes Extra Large 1-lb. box 10¢ Jell-O Assorted flavors of gelatine dessert 3 Pkg. for 14¢ Ice Cream Powder Jell-O Vanilla 3 boxes for 25¢ Pork & Beans Van Camp Brand 2 16-oz. cans 13¢ Pork & Beans Van Camp Brand 22 1/2-oz. size can 9¢ Green Limas Stokely's small green lima beans No. 2 can 14¢ Del Monte Spinach No. 2 1/2 cans 15¢ Mixed Vegetables Stokely Brand, For soup, stew. No. 2 can 10¢	Airway Coffee You'll enjoy it's flavor per lb. 18¢ Nob Hill Coffee High quality per lb. 23¢ Maxwell House Coffee 1-lb. can 28¢ Libby Orange Juice 12-oz. can 12¢ Grape Juice Church's Per pint 17¢ Tomato Juice Stokely or Libby brand, Fancy grade 30-oz. can 5¢ Tomato Juice Stokely's Finest 3 No. 2 cans 25¢ Eagle Aid Beverage Concentrate 2 2 1/2-oz. bottles 15¢ Mayonnaise NuMade Brand 25¢ quart 43¢ Salad Dressing Duchess Per pint 21¢ per quart 35¢ Sandwich Spread Lunch Box Per pint 25¢ per quart 43¢ Ritz Crackers National Biscuits, Butter sprayed 1-lb. box 21¢ Libby's Corned Beef Hash No. 2 can 15¢ Spaghetti Chef Millan's Heat and serve 16-oz. jar 12¢		

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PLATE RIB BEEF 1/2 lb. 8¢ Lean cuts for boiling. Tender	Mixed Ham, Baked Ham, Luncheon Loaf, French Head Cheese, Domestic Salsami, and Fresh Liver Sausage.
LEAN SHORT RIBS 1/2 lb. 12¢ You'll enjoy them baked, braised	Priced Low!
FRESH HALIBUT 1/2 lb. 28¢ Sliced to fry, Tender white meat	ASK FOR FREE MENU LEAFLET.

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